Amendments to the Specification:

Please replace paragraph [0056] with the following amended paragraph:

[0056] Figure 6 illustrates a laser according to the invention which is particularly suitable for the above-described pulsed video screen hologram recordings. In this case, instead of a mode-locked laser, a rapidly pulsed q-switched single-frequency IR oscillator 61 of an Nd laser, such as Nd:YLF, Nd:YAG or Nd:YVO, is provided; that is, the oscillator 61 has a single longitudinal mode. The power amplification of the pulses takes place in a solid-state laser amplifier 62 of the same materials. An optical parametric oscillator 65 is provided for subsequent frequency splitting. This oscillator can be adjusted in its wavelength by way of the temperature of the non-linear material and/or the adjustment of the axis angle in the beam path. As a result, the wavelength of the effective rgb radiation can also be adjusted during the subsequent frequency conversion. This is advantageous for precisely adapting the recording wavelength to the later reproduction wavelength. A frequency doubling and summation frequency formation also takes place. The oscillator 61, is a q-switched Nd:YAG in the longitudinal single-mode operation. The laser amplifier 62 is an Nd:YAG or Nd:YVO amplifier chain. Furthermore, a frequency doubler crystal 63 is provided as well as beam separators 64, 64' for separating the fundamental radiation of the primary laser λ_l=1.06 μm from the frequency-doubled green radiation λ_g=0.53 μm. The optical

parametric oscillator 65 is pumped by means of the green beam λ_g and adjusted such that it generates two signal and idler beams (λ_s and [[λ_1]] $\underline{\lambda_i}$ respectively), which have a suitable wavelength for a subsequent summation frequency formation in summation frequency generators 66, 67. In this case, the wavelengths λ_s and [[λ_1]] $\underline{\lambda_i}$ are selected such that the summation frequency formation with the beams of the fundamental wavelength of the laser [[λ_1]] $\underline{\lambda_i}$ = 1.06 μm (or 1.04 μm), which remains after the frequency doubling, results in suitable wavelengths of red and blue. In contrast, the color green is taken over as part of the frequency-doubled radiation of the primary laser by way of splitting by the simple beam separator 64, 64'.